

2010 Start! Heart Walk

Create Hope. Inspire Change. Celebrate Success.

Why participate in the 2010 Cobb Start! Heart Walk?

Heart disease and stroke are the No. 1 and No. 3 causes of death, killing over 1 million Americans annually. Did you know that someone dies of cardiovascular disease, on average, every 34 seconds?

Your participation helps support critical, lifesaving initiatives to help fight heart disease and stroke.

Event Information

1,000 participants from Cobb County will gather on Saturday, October 23, at Glover Park on the Marietta Square (50 Park Square, Marietta, GA 30060). Visit <http://www.mariettasquare.com/directions.html> for directions.

Festivities, such as company picnics, special children's activities, health screenings and entertainment, will begin around 8:00 a.m. The 5K/3.1-mile walk begins at 9:00 a.m. Lunch is provided for all walkers when they return from the walk route.

Registration

Follow these 4 simple steps to register for the 2010 COBB Start! Heart Walk:

1. Visit our Web Site at www.cobbheartwalk.org.
2. To register as a participant, click **Register** then click **I agree** to the waiver.
3. Next, select **Join a Team**. Find your company in the drop-down box and find the name of the team you wish to join.
4. Log in to your personal Heart Walk page and personalize by telling your story and adding a photo.

Fund-raising

You can support the lifesaving work of the American Heart Association by asking friends, family members, neighbors, and co-workers to sponsor you in the 2010 Cobb Start! Heart Walk. All funds raised will support the association's critical research, education and advocacy initiatives.

Take the
First Step to a
Heart-Healthy
Community

Saturday
October 30, 2010
Turner Field, Green Lot
Walk Starts at 9:00
5K (3.1 Miles)
Rain or Shine!

**TO REGISTER
AND LEARN
MORE**

www.cobbheartwalk.org
(678) 224-2064



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HEART WALK